

# ***ABSTRACT***

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**Title:** Eating Disorders: Anorexia Nervosa

**Thesis**

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**Background:** The main aim of this thesis is to collect the latest available findings from Czech and foreign literature concerning eating disorder - Anorexia Nervosa.

**Main findings:** Anorexia Nervosa is a serious and a life threatening illness. The etiology is multi-factorial including sociocultural influences, family and genetic factors, biological factors, personal features and stress or unfavorable life events. Anorexia Nervosa is about ten to twenty times more common disease in female than in male population and it leads to a multitude of endocrine, metabolic, somatic and psychic disturbances. The prevalence of personality disorders, alcohol or substance abuse, major depression, obsessive-compulsive and anxiety disorders is frequent in about 25-50% of cases. The aim of therapy is mainly the nutritional rehabilitation and to induce normal eating behaviour. In-patient treatment is necessary in case of malnourished persons near death. Family therapy has been found to be effective in adolescents and the cognitive behavior approach is generally recommended.

**Conclusions:** There is accepted so-called „one third rule“, which means that one third of patients fully recover, one third recur and in one third of patients the illness goes over to a chronic phase. According to some authors Anorexia Nervosa has a mortality rate up to 18%. The most common causes of the death are suicide or cardiovascular failure.